

【職安衛宣導】寒流來襲，請多加留意低氣溫作業風險

【Occupational Safety and Health Advisory】As the Cold Wave Approaches, Please Exercise Caution Regarding the Risks of Low-Temperature Operations

入冬寒流來襲，各地氣溫驟降。低氣溫環境下作業，容易增加心臟及腦血管疾病等健康風險，請各單位及同仁於寒流期間特別留意自身與作業人員的身體狀況，落實必要的防寒與健康管理措施。

如發現作業人員有身體不適情形，請先停止作業並採取必要處置，待身體狀況穩定後再行作業，以避免發生職業災害。

★低氣溫作業時，請特別注意以下事項：

一、特別行業須注意

從事營造工程及農、漁業等戶外作業者，需特別注意氣溫變化。

二、建立互護系統

建立伙伴互護系統，作業勞工彼此互助、監視，了解是否有身體異常狀況。

三、做好保暖措施

應穿戴防寒衣物、鞋、帽、手套等，並隨時補充溫熱飲飲水，以避免寒風與低氣溫的傷害。

四、健康管理措施

對具有高血壓症、動脈硬化、糖尿病等慢性疾病勞工，應主動告知雇主，以便其採取必要的健康管理措施，適當進行工作調配。

~環境安全科技中心關心您~

以下的英文翻譯是由AI協助完成，可能存在一些語意偏差或文法錯誤，請以原文為主，謹慎參考。

The ensuing English translation has been facilitated by AI assistance. There may be instances of semantic deviation or grammatical inaccuracies. Please prioritize the original text and exercise caution in reference.

With the onset of winter's cold wave, temperatures have plummeted across various regions. Working in such frigid conditions significantly elevates the risk of cardiovascular and cerebrovascular ailments. All departments and colleagues are urged to vigilantly monitor their own and their coworkers' physical well-being during this period, and to rigorously implement essential cold protection and health management protocols.

Should any worker exhibit signs of physical discomfort, operations must be halted immediately and appropriate measures taken. Work may only resume once the individual's condition has stabilized, thereby preventing occupational hazards.

★When working in low temperatures, please pay special attention to the following:

1. Special attention for specific industries

Those engaged in outdoor work such as construction, agriculture or fishing should pay close attention to changes in the temperature.

2. Establish a mutual support system

Establish a partner-based mutual support system, so workers can help and monitor each other, making it easier to notice if any health

### 3. Take steps to keep warm

Wear warm clothing, shoes, a hat, gloves etc. and regularly drink something warm to protect against cold winds and low temperatures.

### 4. Health management measures

Workers with chronic diseases such as hypertension, arteriosclerosis or diabetes should inform their employer so necessary health management measures can be adopted and work adjustments made accordingly.

~Environmental and Safety Technology Center Cares for You~

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#### 附件檔案

#### Attachment Files

- [留意低溫作業風險\\_英.png](#) ( 440 KBytes )
- [留意低溫作業風險\\_中.png](#) ( 407 KBytes )

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#### 公告日期

#### Date

2025.12.26 ~ 2026.02.28

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#### 公告單位

#### Department

環境安全科技中心--安全衛生組

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#### 公告分類

#### Category

公告

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#### 承辦人員

#### Responsible Personnel

莊雅婷

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#### Telephone/Extension

2831